

Community Empowerment of the "Teenager's Story House" Through the Establishment of a Youth Integrated Services Center in the Anggut Atas Sub-district, Bengkulu City

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Abstract

Adolescence is a transition period between childhood and adulthood. Discussions about adolescent health, especially reproductive health, are often held with friends of the same age. Therefore, the service team carried out service activities with the aim of forming a Youth Posyandu which has peer educators packaged through youth story house activities in Anggut Atas Village, Ratu Samban District, Bengkulu City. The activity method used is by conducting outreach and advocacy, training and establishing a youth posyandu with the advantage of a youth health story house. The result of this community service activity is that the village head determines youth representatives from each neighborhood to take part in a series of community service activities, namely a minimum of 2 people/neighborhood. Then all the administrators, namely the chairman, secretary and treasurer, expressed their willingness to become administrators of the Youth Posyandu and become peer educators on adolescent health in Anggut Atas Village. The implementation of peer educator training activities intended to increase teenagers' knowledge was carried out at the Anggut Atas Subdistrict Head's Office and was attended by teenagers who received socialization regarding youth posyandu and youth health story houses. The conclusion of this activity is that all evaluation indicators have been achieved, the potential of teenagers in Anggut Atas Village has been identified, a youth posyandu has been formed with the name "The integrated service post Healthy Fencing Teensat" with the advantage of a youth story house, and youth health peer educators have been trained who are ready to become advocates for youth problems in Anggut Atas Village.

A. Introduction

Adolescence is a transition period between childhood and adulthood, where a growth spurt occurs, secondary sex occurs, facilities are achieved and changes occur. psychological as well as cognitive (Balagamage et al., 2023; Carson et al., 2023; Josephine & Goodluck, 2022). Discussions about adolescent health, especially reproductive health, are often held with friends of the same age. Health discussions are rarely held within the immediate family, with parents, younger siblings or older siblings. As teenagers get older, their curiosity about everything increases. Usually, they ask more questions from their peers. These trained peers are better known as peer educators. Apart from that, it is also necessary to establish a youth posyandu as a forum for extending youth health programs owned by community health centers and schools (Baska et al., 2023; Isrofah et al., 2021; Kumalasari & Nursanti, 2022).

Youth Posyandu is a forum in the community which aims to increase the involvement of teenagers who are part of the community to improve their health conditions. In the youth posyandu, all those who attend will get the right information about reproductive health (Kismoyo & Bartini, 2023; Mulyati, 2021; Noviani et al., 2022). According to the Ministry of Health, youth posyandu cadres are teenagers who are selected or voluntarily volunteer and are trained to carry out youth health service efforts for themselves, their peers, their families and the community (Aufa et al., 2020; Nurasiah, 2020; Oktaviani et al., 2023).

The youth story house is part of the youth posyandu which is packaged in such a way that it becomes a place for teenagers to consult (discuss) about health in a more private manner with teenagers who are equipped with knowledge about health and will be accompanied by health workers. Teenagers are one of the targets of community empowerment programs, because teenagers want to be involved from the planning process to youth evaluation (Nkhoma et al., 2020). The importance of involving teenagers in the empowerment process will certainly have a positive impact on the sustainability of health programs, especially at local health centers.

Anggut Atas Village is one of the sub-districts in Bengkulu City (Sari, 2022). Its location at the crossroads of the economy, especially trade and tourism, makes this sub-district very strategic. This sub-district is one of the loci of community empowerment involving the mayor. Anggut Atas sub-district is also a sub-district under the guidance of the Health Promotion Department to achieve the department's vision and mission, namely carrying out community empowerment for youth groups. Apart from that, this sub-district is the location of community service carried out by (Suryani et al., 2021). Suryani et al conducted cadre training in preventing infectious diseases. All activities in this sub-district were successful, due to the support of relevant stakeholders and the local community. This shows the citizens' considerable desire to maintain and improve health.

Based on the description above, we are interested in establishing a youth story house through a youth posyandu in Anggut Atas Village, Ratu Samban District, Bengkulu City.

B. Research Methods

The method of activity is by conducting outreach and advocacy, training and establishing a youth posyandu with the advantages of a youth health story house. There were 10 stakeholders in this activity, namely the Village Head, the Head of the Anggut Atas Community Health Center who was represented by the Head of Administration and PJ for the Youth Care Health Program, Mr. RW, Mr. and Mrs. RT, Ka. General Staff of Anggut Atas Village, Toddler Posyandu Cadres, Religious Leaders, Community Leaders and Chair of the Anggas Jaya Youth Organization, Anggut Atas Village, as well as 25 teenagers aged 16 to 21 years who live in Anggut Atas Village who represent their respective RTs.

Community service is carried out for 6 (six) months, starting from June to November 2023. The stages of implementing this community service activity go through several stages, namely: Identification of youth potential in Anggut Atas Subdistrict, Bengkulu City, Advocacy and socialization of youth posyandu and youth story house, Establishment of a youth posyandu with the advantages of a youth story house. Peer educator training, as well as Monitoring and Evaluation Stages.

C. Results and Discussion

Advocacy

The village head determines youth representatives from each RT to take part in a series of community service activities, namely a minimum of 2 people per RT. Of the 10 RTs in Anggut Atas Village. The team carried out advocacy with the Head of Ratu Samban District. Advocacy is carried out with the aim of obtaining support for the implementation of community service. Ratu Samban Subdistrict Head welcomed the activity plan and was committed to supporting community service activities and wanted this activity to become a pilot project to increase youth activity in the health sector.

Socialization

All administrators; The chairman, secretary and treasurer conveyed their ability to become administrators of the Anggas Sehat Youth Posyandu and become peer educators for adolescent health in the Teen Village as well as being able to become role models for healthy teenagers in the Anggut Atas Village.

The socialization was carried out at the Anggut Atas Subdistrict Head Office and was attended by 10 stakeholders, namely the Village Head, the Head of the Anggut Atas Community Health Center who was

represented by the Head of Administration and PJ for the Youth Care Health Program, Mr. RW, Mr. and Mrs. RT, Ka. General Sie Anggut Atas Village, Toddler Posyandu Cadres, Religious Leaders, Community Figures and Chair of the Anggas Jaya Youth Organization, Anggut Atas Village. The socialization was also attended by 25 teenagers aged 16 to 21 years who live in Anggut Atas Subdistrict representing their respective RTs.



Figure 1. Speech delivered by the Representative of the Head of the Anggut Atas Community Health Center at the socialization of the Youth Posyandu and Teen Health Story House in Anggut Atas Subdistrict, Bengkulu City



Figure 2. Delivery of socialization of community service activities by the Community Service Team in Anggut Atas Subdistrict, Bengkulu City



Figure 3. Photo with the Youth Posyandu Management and Youth Story House and Members as well as the Community Service Team and Stakeholders

Peer Educator Training

Peer educator training is intended to increase youth knowledge about matters relating to adolescent health, especially adolescent reproductive health related to adolescent healthy relationships and adolescent mental health.

The training speakers were the community service team who delivered an introduction about peer educators and the story house for adolescent health and diabetes mellitus. Followed by material on adolescent reproductive health related to current problems among adolescents, mental health related to bullying and self-harm.



Figure 4. Delivery of material at the Adolescent Health Peer Educator Training in Anggut Atas Subdistrict, Bengkulu City in 2023

The material about adolescent problems is delivered by teenagers who already have sufficient knowledge and have been trained in their respective organizations. The speaker is Selvanita, a student of the Health Promotion Department at level IV who is also the GENRE Ambassador for Bengkulu Province who already has experience in the field of providing material related to adolescent reproduction and problems. faced by teenagers. Then the next speaker was Hesti Mahayu who is the Bengkulu Province Campus Women's Ambassador who gave material related to adolescent mental health problems and current adolescent mental health issues, namely those related to bullying and self harm.



Figure 5. Delivery of material by Genre Ambassadors and Bengkulu Campus Girls at the Adolescent Health Peer Educator Training in Anggut Atas Subdistrict, Bengkulu City in 2023

D. Conclusion

Based on the results of community service activities that have been carried out, it can be concluded that all the evaluation indicators have been achieved, the potential of teenagers in Anggut Atas Village, Ratu Samban District has been identified, a youth posyandu with the advantage of a youth story house has been formed, and adolescent health peer educators have been trained who are ready to become companions for adolescent problems in Anggut Atas Village, Ratu Samban District and there is an agreement with related parties for the continuation of youth posyandu activities with the advantage of a youth story house in Anggut Atas Village, Ratu Samban District.

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